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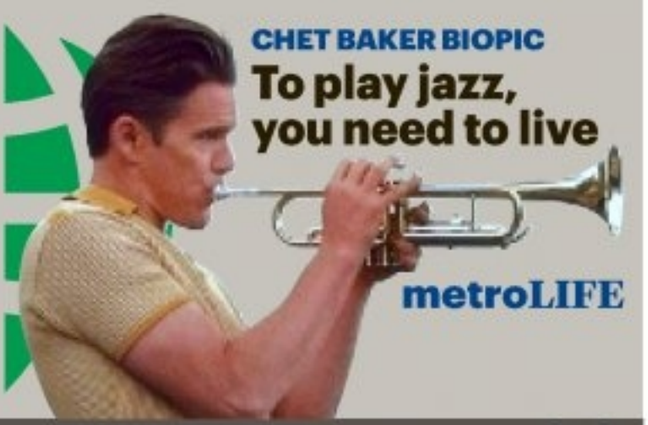
Your essential daily news | WEEKEND, MARCH 11-13, 2016 High 10°C/Low 8°C Rain



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metroLIFE

POMP *and* POSSIBILITY

Matt LaForge
VIEWS EDITOR
Metro | Toronto

You can't help but be proud.

Even if you don't want to be.

If you're the kind of Canadian predisposed to be charmed by these two beautiful, smiling heads of neighbouring states standing shoulder to shoulder, flanked by their beautiful, smiling families, alternately snapping on each other and bigging each other up while addressing the world's most consequential problems, then the Trudeaus' date with the Obamas might make you feel as if anything is possible. You only wish they could have more time together.

And if you're not that kind of Canadian, you're still a Canadian. You still want your country to be taken seriously. You still want it to have influence.

So, yes, for the first time, our political culture has produced a figure of such glamour and charisma that a U.S. administration sees advantage in debuting him into society. As others have pointed out, not even Pierre pulled that off.

But also, more important, the normal northward flow of political influence has reversed itself. The U.S. government is suddenly saying it's ready to learn from ours. And, as Canadians all across the political spectrum have long contended, there's a thing or two we could teach them.

More on Trudeau-Obama love-in, page 15

U.S. President Barack Obama and first lady Michelle Obama greet Canadian Prime Minister Justin Trudeau and Sophie Grégoire-Trudeau at the White House Thursday for a state dinner
THE ASSOCIATED PRESS

'I have never seen so many Americans excited about the visit of a Canadian prime minister' — Barack Obama
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metro NEWS
Your essential daily news

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City quick to rally round one-way homeless men

HOUSING

Jobs, services offered to pair who came from Saskatchewan

Jason Stennes says he knows what it's like to be down on his luck with nowhere to turn, so he wants to offer jobs to a pair of newly arrived homeless men who say they were given one-way bus tickets to B.C. from Saskatchewan.

"We've got to take care of each other ... and if I'm able to help out, I will," Stennes, a 43-year-old high school dropout who is now owner and CEO of 360 Cranes Services, said Thursday.

"I've been offered chances in my life and I just feel it's important to pass it on."

Charles Neil-Curly, 23, and Jeremy Roy, 21, had been living at a homeless shelter in North Battleford, Sask., but Neil-Curly said a funding cut meant he had to find somewhere else to go.

Neil-Curly said he asked for a ticket to B.C. and was later on a bus with Roy, his friend from the shelter.

Workers from a local shelter were on hand to welcome Neil-Curly and Roy at the Vancouver bus station when they arrived Wednesday, offering them food, a shower and a warm bed.

Charles Neil-Curley, left, and Jeremy Roy arrive in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Jeremy Hunka from the Union Gospel Mission said Thursday the men were in "good spirits" after staying overnight at the shelter and that the next step was to connect the two with caseworkers to develop a care plan.

"We want to make sure that they have a vision of where they want to go and we want to help them achieve their goals and get them out of being homeless," Hunka said.

> **We've got to take care of each other. I've been offered chances in my life and I feel it's important to pass it on.**
> Jason Stennes, 360 Cranes Services

"They're in the driver's seat."

Neil-Curly had expressed an interest in heading to Vancouver Island to be with his best friend, which is something Hunka said his organization could help facilitate.

"If that's the case, we will do the best we can to make sure they're connected before they arrive so that we don't have another situation where somebody's going to arrive in a new city with nowhere to go and with a really difficult situation in terms of finding shelter," he said.

Saskatchewan's Social Services Minister Donna Harpauer said Thursday the province would look into revising its policies around sending homeless people out of province if the Saskatchewan Party is re-elected next month.

Harpauer had already ordered an immediate review into the issue to see if the policy was followed correctly in this particular case.

Like other provinces, she said Saskatchewan has a long-standing policy to buy bus tickets for homeless people, but that is normally done when someone needs to return to their home province or needs to reunite with family.

B.C. Housing Minister Rich Coleman said the two men were welcome in the province and they would be taken care of.

THE CANADIAN PRESS

PORT MOODY

Woman killed in storm

A woman was killed inside her bedroom Thursday when high winds knocked a large tree onto a home during a storm that blasted across most of B.C.'s south coast.

Sgt. Travis Carroll said the victim was struck by the tree that broke through the roof in the Port Moody area, just west of Vancouver.

The 59-year-old was pronounced dead at the scene, he said.

"Port Moody Fire and Rescue tried to uncover her and unfortunately she didn't survive her injuries," he said.

Carroll said the home backed onto a ravine.

At the height of the storm, more than 114,000 customers of BC Hydro were without power across Metro Vancouver and the Sunshine Coast as Environment Canada posted warnings of winds gusting to 90 kilometres per hour.

Classes were cancelled at more than a dozen schools in Surrey and the Fraser Valley, while Delta Mayor Lois Jackson launched its flood response plan to deal with localized flooding in Boundary Bay, Beach Grove and downtown Ladner.

B.C. Ferries cancelled its early runs from Comox to Powell River, while several other sailings between Tsawwassen and Vancouver Island were running as much as an hour late.

Richmond RCMP reported that a tree fell onto a car but no one was hurt.

THE CANADIAN PRESS

LEGISLATION

Health body makes changes to its assisted-death guidelines

A major British Columbia health authority has updated its guidelines for medical staff on how to respond to requests for assisted death, allowing doctors and nurses to refer patients to a colleague.

Vancouver Coastal Health first distributed a bulletin on Feb. 5 that advised staff not to provide advice on assistance in dying, but to inform patients that they may wish to speak with legal counsel as a court-ordered exemption may be granted.

Dr. Ellen Wiebe, the Vancouver doctor who recently helped a Calgary woman with ALS die, said the original notice was unacceptable as it appeared to warn staff not to engage in conversations about assisted death.

"The recommendations that went out to clinical units were outrageous," she said. "It was basically, 'Don't talk.' That's completely unacceptable. That hurts patients."

> **It was basically, 'Don't talk.' That hurts patients.**
> Dr. Ellen Wiebe

After the health authority issued an updated bulletin on Thursday that advised staff to offer to connect patients with a colleague for more information, Wiebe said she was satisfied.

The bulletin outlines several statements that have been prepared by Vancouver Coastal Health's legal, client relations and risk management teams, to be used as elements of a sensitive response to questions about assisted dying that avoids concerns about breaking the law.

"Please let's discuss concerns with your care plan and explore alternatives and additional supports," staff are advised to say. "I am not able to counsel you regarding your request about physician-assisted dying; however, I can connect you with a colleague who will meet with you to discuss your situation and your options."

It also says that Vancouver Coastal Health is developing a system to address clients' requests once the Liberal government introduces assisted-dying legislation in June.

THE CANADIAN PRESS

Dr. Ellen Wiebe recently helped a Calgary woman with ALS to die. THE CANADIAN PRESS/JONATHAN HAYWARD

Elephant to remain at zoo

ANIMAL WELFARE

Zoo to improve conditions after global campaign

For 40 minutes each day at a zoo in Tokyo, Japan's oldest elephant transforms from a bored, zombie-like state to flapping her ears and making huffing sounds, says a Vancouver woman who led a global campaign to improve the animal's welfare.

Hanako becomes animated when her keepers visit the 69-year-old elephant to feed her by hand, brush her with a rake and clean her feet.

It's one of the reasons the elephant should live her final years inside the same enclosure that's been home since she was two, said Ulara Nakagawa.

She called her trip to Asia a "monumental success" after getting unrestricted access to Hanako over the past week with an elephant expert who interpreted the animal's behaviour.

"Those were sounds of great pleasure she was emitting. It was anticipatory. She was excited," said Nakagawa, 35, in an interview from Tokyo on Wednesday.

Hanako the elephant is shown at her enclosure at Inokashira Park Zoo in Tokyo. THE CANADIAN PRESS

"At first we thought it was the food, but it turns out it was the time she gets to spend with the keepers. She loves them."

Nakagawa spearheaded a review of the elephant's treatment at the Inokashira Park Zoo after an online petition was inspired by a blog post she wrote describing Hanako's "concrete prison." More than 400,000 signatures were collected and $29,000 US crowdfunded for the expert to join her in Japan.

Many online supporters were hopeful the zoo would agree to relocate Hanako to a sanctuary in Thailand.

But elephant behaviour consultant Carol Buckley determined the zoo has taken good care of Hanako and a move would prove far too risky for her health.

"There was a bit of a shock that she wouldn't be moved. People ... want to see an elephant run off into the horizon," Nakagawa said about the response from some supporters. "But knowing what I know now, I know it would just destroy her."

> **Hanako appeared quite comfortable with her three keepers.**
> Carol Buckley

Although the zoo initially bristled at the international criticism, its keepers agreed to two meetings with Nakagawa and Buckley.

Buckley observed that Hanako stands stone-still and "literally blends in with the wall of her enclosure," according to an email by Nakagawa distributed to supporters.

But the expert from Tennessee was impressed with the zoo overall.

"Hanako appeared quite comfortable with her three keepers and ... she receives a highly nutritious, well-balanced diet," said Buckley.

She made about two-dozen recommendations that include erecting a safety fence to prevent Hanako from falling into a moat, adding sand and rubber mats to soften the floor, and turning off air conditioners.

THE CANADIAN PRESS

IN BRIEF

TransLink to have more staff to help disabled passengers

TransLink will post staff at every single fare gate along the Metro Vancouver's public transportation system to help disabled passengers.

The transportation authority announced the new measure Thursday in response to the backlash it received when originally announcing it plans to close all fare gates beginning April 4. When asked how some disabled passengers unable to tap Compass cards at the fare gates would be able to enter and leave stations, a TransLink spokesperson suggested they'd have to call an attendant for help and wait.

Minister responsible for TransLink Peter Fassbender then said it would not be allowed to close its fare gates until it had come up with a solution that works for disabled passengers.

In the event staff is not present at a station, TransLink will require the accessible fare gate there to remain open so customers can get through unimpeded.

MATT KIELTYKA/METRO

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TRANSPORTATION

Millennials in city tempted to give up vehicles, survey shows

Emily Jackson
Metro | Vancouver

A majority of Metro Vancouver car owners — especially millennials — would consider selling their wheels to rely on carsharing services instead, according to a survey released Thursday by Insights West and carsharing co-op Modo.

Fifty-seven per cent of car owners and a whopping 87 per cent of millennial car owners said the cost savings from vehicle maintenance and fuel make it tempting to get rid of their cars, according to the online survey of 812 British Columbia residents and 537 Modo members.

While the survey stopped short of asking how many car owners actually gave up their cars, it found that one in eight (13 per cent) Metro Vancouverites used a carsharing service over the past year. More than half (57 per cent) think carsharing is an attractive option for people their age.

A Modo jeep drives in a snowstorm en route to Joffre Lakes near Pemberton. COURTESY ALICIA HAQUE

Modo's director of marketing and business development Selena McLachlan said the survey validates anecdotal evidence that carsharing is on the rise, especially among the younger generation that no longer sees car ownership as a rite of passage.

"It's not just growing for us; it's growing for all of the rideshare, carshare, all of the shared mobility space," McLachlan said, pointing to the growing membership at Modo, a two-way service, and the popularity of one-way services car2go and Evo. "It just makes really practical sense, really pragmatic sense."

When Modo first opened 19 years ago, most people joined because of environmental beliefs, McLachlan said. Now it's more about saving cash in an unaffordable city. A Metro Vancouver study pegged car ownership costs at $9,000 annually compared to $1,500 for an average Modo user, according to McLachlan.

"This ability to shed a car, not have to have a car, is quite liberating for people," she said.

Hiking blogger (and Modo ambassador) Alicia Haque is one of the millennials who relies solely on carsharing to get her to the mountains. She previously rented cars to get out of the city but switched to Modo in November because it's less than half the price.

"It is like having your own car, but you don't have the hassle," she said. "We only need it once a week but we love the luxury of having one."

Haque is from the U.K., where she always owned a car. She sometimes misses having it but said the "astronomical" costs aren't worth it when carsharing leaves a variety of cars at her disposal.

UBC

Quantum Matter Institute receives $11M gift

The University of British Columbia's Quantum Matter Institute is counting its lucky stars after an $11-million donation.

The gift comes from Vancouver philanthropists Stewart and Marilyn Blusson, who are the university's largest individual donors.

Over the years, they've donated more than $60 million to UBC.

The latest donation will help quantum-physics researchers study the behaviour of matter and energy at an atomic level, possibly leading to advances in computing, electronics, medicine and energy, UBC says.

The institute has also been renamed the Stewart Blusson Quantum Matter Institute in honour of the donation.

The announcement comes on the heels of a $66.7-million grant from the federal government through the Canada First Research Institute Fund.

MATT KIELTYKA/METRO

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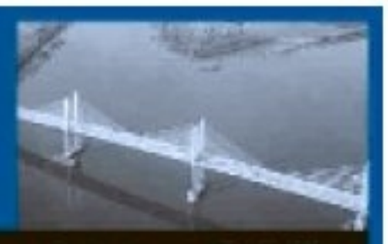

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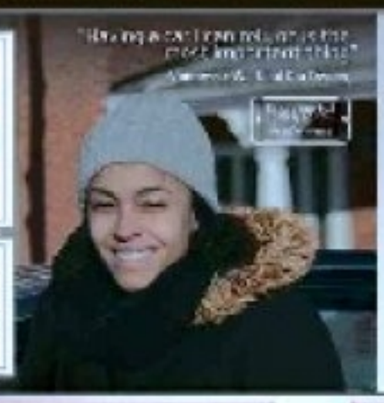

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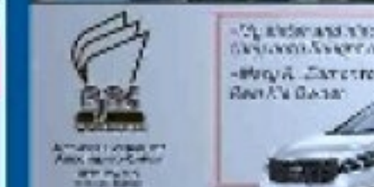

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ETIQUETTE

Workshop is a mix of manners and self defence

Thandi Fletcher
Metro | Vancouver

If it were up to Jason Sarai, more Vancouverites would take a page out of Rihanna's songbook in rainy weather and offer to let strangers stand under their umbrella (ella ella eh eh).

That's just one of the tips Sarai, a stylist and self-described umbrella etiquette expert, will be offering Friday evening at a two-hour workshop on how to avoid brolly follies.

"Regardless of if you know them or not, it's just the polite thing to do," he told Metro. "You'd be surprised at how many people would willingly walk under a shared umbrella, yet a lot of people don't entertain the idea of offering."

Vancouver stylist Jason Sarai and Academie Duello instructor David McCormick are teaching a workshop on umbrella etiquette and self-defence. SUTEJ AND JAY PANNU/FINEPIXELSTUDIO

The sold-out workshop, taking place at Vancouver's Academie Duello Centre for Swordplay, will not only teach participants about umbrella etiquette, but will also offer tips on how to wield a brolly as a weapon for self-defence.

Inspired by the spy-adventure film Kingsman: The Secret Service — in which the lead character, a dapper agent named Harry Hart uses a customized umbrella as a concealed weapon that can fire both non-lethal stun rounds as well as shotgun shells — the event will also require participants to be dressed in suits and other fine attire like the film's cast.

Although the umbrellas used in the workshop won't have spy-like capabilities, David McCormick, an instructor at Academie Duello, said participants will be taught the techniques of how to properly handle an umbrella and use it for combat.

For McCormick, knowing how to use an umbrella as an improvised weapon serves a practical purpose in rainy Vancouver, where people are likely already carrying one.

While the first principle of self-defence is to first try to avoid violence, McCormick said it is also important for people to know how to protect themselves by whatever means necessary if a physical confrontation escalates.

He said participants will be taught how to use an umbrella to block or deflect a punch, as well as how to use either end of the umbrella to strike an attacker.

While Friday's workshop is already sold out, McCormick said regular umbrella self-defence workshops are also available at Academie Duello year round.

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SAFETY

B.C. triples fines to guard against fires

Matt Kieltyka
Metro | Vancouver

British Columbia is cracking down to people who risk starting massive wildfires.

Proposed changes to the Wildfire Act could see people fined up to $1,150, more than triple the previous fine of $345, for failing to comply with fire restrictions.

The government says the amendments will significantly increase the fines associated with 19 Wildfire Act violations and seven Wildfire Regulations violations.

It also changes the language within the act that allows officials to issue violations for people unintentionally interfering with firefighting efforts.

2015 was one of the busiest wildfire seasons on record, burning 283,400 hectares and costing the province over $278 million in wildfire management.

One incident in particular drew the ire of firefighters and likely led to the changes on what constitutes "interference" according to the Wildfire Act.

Aircraft fighting a fire near Oliver, B.C. were grounded for several hours in August because someone was flying a remote controlled drone in the airspace.

Premier Christy Clark even tweeted NHL star Steven Stamkos for help after a video surfaced online of him shooting bottles off a net with stunning accuracy.

"Dear @RealStamkos91 — free during wildfire season?" Clark asked, suggesting the Tampa Bay Lighting forward could shoot drones out of the sky with pucks.

B.C. has increased the fines to people who start wildfires. B.C. WILDFIRE MANAGEMENT BRANCH

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Saskatchewan is already on permanent daylight saving time, and all of Canada was from 1942 to 1945. JOE RAEDLE/GETTY IMAGES

Keep daylight saving time, says economist

SPRING FORWARD

Not switching clocks would save energy, cash: UBC prof

Emily Jackson
Metro | Vancouver

As most Canadians prepare to set their clocks forward an hour on Sunday, a University of British Columbia professor is arguing for a permanent switch to daylight saving time.

UBC economist Werner Antweiler found no evidence of benefits and some costs to changing the time twice a year, according to research he will release on his blog this weekend.

"All in all, why are we doing this? Is it good for us? The answer is not really," Antweiler said.

The original idea behind the time change was to give people more daylight and reduce energy use, Antweiler said. But now that society uses more energy-efficient light bulbs and energy-sucking air conditioners, he didn't find any energy savings associated with the ritual.

There's also a cost to society from waking people up earlier, he said, as there are more motor-vehicle accidents when the clocks jump forward.

He believes a permanent switch to daylight saving time could result in energy savings. Studies suggest year-round daylight saving time would follow a schedule with more daylight, he said.

Antweiler pointed out that Saskatchewan is already on permanent daylight saving time and all of Canada was from 1942 to 1945, although then it was called "war time."

Ultimately, he doesn't think Canadian provinces will make the switch unless the U.S. does so. But as campaigns to get rid of the bi-annual time change grow in some states, Antweiler suggests it's something policy makers should start thinking about.

SET CLOCKS

Daylight saving time begins Sunday.

QUESNEL

WorkSafeBC investigates wood-mill fire

WorkSafeBC has launched an investigation into the cause of an explosion and fire at a forest-products mill in Quesnel.

Al Johnson, vice-president of prevention services, said a team of WorkSafe investigators took over the scene from the RCMP on Thursday morning, barely 12 hours after fire tore through a section of the WestPine medium-density fibreboard mill, about 600 kilometres north of Vancouver.

Between eight and 30 workers were on site when it happened at about 5:30 p.m. Wednesday and all were safely evacuated, he said.

"This is a concerning incident to us. We're very fortunate that there were no injuries," Johnson said. "Our support goes out to the community as well, because this is people's livelihoods."

WestPine is owned by Quesnel-based West Fraser Mills Ltd.

Johnson said while it's too early to speculate on the cause of the fire or explosion, they occurred in an area with four baghouses, or dust collection towers, that were either directly or indirectly involved.

"There is wood dust and wood fibre in that area, so that may have been a contributing factor, but we don't know anything in detail at this point."

Johnson said the mill had been part of a combustible dust inspection strategy that was developed following separate fatal explosions at sawmills in Burns Lake and Prince George in 2012. Four men were killed and 42 others injured in those incidents.

> **There is wood dust and wood fibre in that area, so that may have been a contributing factor, but we don't know anything in detail at this point.** Al Johnson

He said medium-density fibre board or MDF facilities are slightly different from sawmills or pellet mills, but they have been part of the "journey and evolution" in the industry to deal with wood dust.

WorkSafeBC has done about 10 inspections of WestPine since 2012 and it demonstrated it had a compliant program for management of combustible wood dust, he said.

About 100 people are employed at WestPine MDF and manufactures plywood-like boards known as medium density fibreboard, used for furniture and other construction.

West Fraser spokeswoman Tara Knight said the company did not have an estimate of when the mill will resume operations. THE CANADIAN PRESS

The Great Canadian Shoreline Cleanup took responsibility for the effort after getting funding from B.C. and Japan. CONTRIBUTED

Tsunami debris still washing up

ENVIRONMENT

And volunteers still scouring coastline for buoys, shoes

Matt Kieltyka
Metro | Vancouver

Volunteers in British Columbia are still finding debris from 2011's devastating earthquake and tsunami in Japan.

March 11 marks the five-year anniversary of the disaster, which killed more than 18,000 people and generated waves that reached 40 metres high.

Debris from the event started washing up on British Columbia shores in 2012, and volunteers at the Great Canadian Shoreline Cleanup continue to scour the province's coastline.

To date, volunteers have cleaned more than 34 kilometres of remote shorelines and removed 19,650 kilograms of debris as part of the clean-up's tsunami debris removal project.

"It's a big undertaking, and the work isn't done," said Kate Le Souef, manager of the Great Canadian Shoreline Cleanup, in a statement. "When we're out collecting these items on remote B.C. beaches, we're reminded of the scale of the human tragedy in Japan."

Le Souef said most of the debris is recycled to avoid the landfill, while attempts are made to reunite personal items with their original owners, though most items are untraceable.

The most common types of debris are fishing buoys, construction lumber, property markers, shoes and plastics.

The Great Canadian Shoreline Cleanup is a national initiative started by the Vancouver Aquarium Marine Science Centre and WWF-Canada. It took responsibility for tsunami cleanup after receiving funding from the provincial government and Japan.

IN BRIEF

Clark overjoyed about softwood resolution

Premier Christy Clark says she's pleased Canada and the United States are working to resolve a long-standing trade issue over softwood lumber exports.

"We have a statement from Prime Minister Trudeau and President (Barack) Obama to try and get the softwood lumber agreement settled in 100 days, which is fantastic news," she said.

The trade pact expired last year, and both countries have accused each other of not being willing to start new negotiations.

THE CANADIAN PRESS

talk about fresh solutions

Caprese Chicken Salad

Makes 4-6 Servings
Prep Time: 15 minutes | Cook Time: 15 minutes

Ingredients

3 Maple Leaf Prime boneless skinless chicken breast

1/3 cup (75 mL) balsamic vinegar

1 tbsp (15 mL) Dijon mustard

1 tsp (5 mL) kosher salt

½ tsp (3 mL) ground black pepper

1 tsp (5 mL) sugar

1/3 cup (75 mL) extra virgin olive oil

1 pkg (142 g) Western Family Organic half and half greens

¼ cup (60 mL) Western Family Organic sweet basil

1 ½ cups (375 mL) grape tomatoes

1 tub (340 g) Galbani marinated fresh mozzarella, drained

Directions

1. Preheat the oven to 400˚F (200˚C).
2. Whisk together the balsamic vinegar, Dijon Mustard, salt, pepper, sugar and olive oil. Pour two tablespoons dressing into a small bowl and brush onto chicken. Let brushed chicken stand five minutes before baking. Bake chicken for 12 to 15 minutes or until juices run clear.
3. Toss salad greens, basil, grape tomatoes, fresh mozzarella and remaining balsamic mustard dressing. Slice chicken ¼ inch to ½ inch thick and arrange over tossed green salad.

Tip: Substitute arugula, spring mix or baby kale for the half and half greens.

save on foods

VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Cohousing a new living option

31-unit development sees residents in own homes, but sharing large common areas

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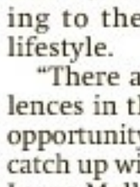

Emily Jackson
Metro | Vancouver

Neighbours say they're starting to feel like family just two weeks after moving into Vancouver's first cohousing community — a type of housing where people own private units and share large common areas such as kitchens and playrooms.

Residents officially moved in to the 31-unit cohousing development on East 33 Avenue between Victoria Drive and Knight Street at the end of February, nearly three years after the city approved the housing complex as an innovative way to make housing more affordable amidst the city's real estate madness.

But the housing concept, which originated in Denmark and operates as close as Langley, B.C., is about much more than affordability, according to residents who spoke to Metro about how the 48 adults and 18 children are adapting to their hyper-sharing lifestyle.

"There are no awkward silences in the elevator. It's an opportunity for connection, to catch up with somebody," said Lorne Mallin, a writer who is settling into his one-bedroom home in the community.

"It feels like friends. At times it feels like family."

Cohousing attracts likeminded people who are willing to share considerable resources, prepare group meals five times a week and make all their decisions by consensus, Mallin explained.

These neighbours already share vacuums, borrow cutlery and drive each other's children to school, Mallin said. They've even managed to make all their decisions together (there needs to be a 75 per cent majority) "without going crazy or meeting endlessly," he added.

The residents own their own strata units with fully equipped kitchens (they can sell any time, and there's a wait list to buy).

They see themselves as groundbreakers for the housing type and hope they inspire other cohousing communities. (Two more are underway: Little Mountain Cohousing and Our Urban Village Cohousing.)

Mallin recommends they hire local architects who know how to wade through the city's planning department.

And so far, residents report no neighbourly annoyances, merely the feeling of excitement that they actually pulled the project off despite numerous hurdles.

Next-door neighbours were concerned about the size of the complex shadowing the neighbourhood, the urban design panel rejected their design twice and it was challenging to get the money together to build, said resident Darcy Riddell.

Clearing these challenges, not to mention moving into a brand new building with solar panels and electric car parking, created strong social connections, said Riddell, who lives with her husband and two children.

"There's a trust and a resilience to the relationship already, even though we haven't lived face to face," she said, as children played in the courtyard Thursday evening. "It just feels like this community is coming together."

People are already swapping garlic for rosemary and sharing childcare, she said, so it definitely feels like a family. (It doesn't hurt that eight units were purchased by people who are actually related to at least one other owner, Riddell said with a laugh.)

Lorne Mallin chats with fellow residents Stacey Hagerty and Taryn Griffiths at 1733 East 33rd Ave. PHOTOS BY JENNIFER GAUTHIER/METRO

Mallin chats with Barb Angel, as Hagerty watches Jude Le Good .

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THINK BIG. LIVE LOCAL

Local juicery wows with creative drinks

Blue Moon features an extract of spirulina that gives a sky-blue hue. ERIN IRELAND/FOR METRO

FOOD NOTES

FUN AND NUTRITIOUS

Erin Ireland
Metro | Vancouver

The innovative mother-daughter team behind The Juicery Co. is known for crafting creative cold-pressed juices and 'superfood' beverages. Alex Troll and Christina Prevost's Black Velvet, for example, includes activated coconut charcoal, benonite clay and citrus. The result is a pure black liquid that health-crazed customers, like me, find fascinating and irresistible.

Blue Moon (with colour and flavour oozing hypnotic vibes) is the newest brew from this health-forward company. Raw frozen coconut water and coconut meat are blended together to make up the bulk of Blue Moon, but the magic ingredient in this sky-hued, electrolyte-rich drink is Blue Majik, an extract of spirulina from E3Live (available at all of their stores). Taste-wise, expect pure coconut flavour. The texture is slightly thick with tiny chunks of coconut meat.

The Juicery Co. sources some of its special ingredients from Feeding Change, the only Canadian company offering coconut products "in the raw" from its farm in Thailand.

And coming soon this spring, The Juicery Co. will become even more local and delicious: it will be growing their very own produce at their farm in Pemberton.

Find Blue Moon at all three of The Juicery Co.'s locations (Lower Lonsdale, Edgemont Village, Kitsilano) and prepare to be tempted by their colourful selection of delicious, cold-pressed juices.

DIY clothing is going sew well

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

A selection of handmade dresses at Spool of Thread.

The chalkboard shows classes on offer. PHOTOS BY AMY LOGAN/FOR METRO

Whenever they see a person transform from a nervous sewer to a confident craftsperson in a matter of hours, Henry Sinha and Lili Nedved — owners and founders of Spool of Thread (101-649 East 15th Ave.) — feel inspired.

"They're just beaming," said Sinha. "They can't believe they've made it."

From the street, their lounge draws people with its glowing respite of colourful fabrics and vintage-inspired, handmade dresses. This is where the average person can learn to make something beautiful.

The transition from store to workshop is seamless. On Wednesday, for example, the lounge hosted the wildly popular teen sewing class, for students aged 12 to 18. The lounge offers a la carte workshops ranging from aprons and tote bags to vintage-themed blouses and dresses.

Sewing is becoming increasingly popular, in part due to the rise in DIY culture and traditional crafts, and a renewed interest in living more economically and sustainably. In Vancouver, a growing number of sewing studios and lounges are cropping up.

At Made by Me (108-949 West Third St., North Vancouver), owner Christine Hambleton aims to "instruct, guide, and inspire new and experienced sewers of all ages".

While working on costumes for an elementary school play, she found parents that were keen to help but didn't have a sewing machine or space to sew or they needed some refresher sewing lessons. Her studio offers sewing machines for use during open studio time and a wide variety of classes. A spring-break camp is also coming up soon.

Hambleton said she especially enjoys teaching children

"The proud look on their faces as they wear their new creations out of the studio makes it all worthwhile."

Rolling Judy Sewing Studio (2075 Yukon St.), created and run by Cindy Atkinson, also has a variety of classes, workshops, and private lessons for various skill levels.

With more than 30 years experience in film and fashion, she offers classes designed to improve technique and inspire creativity. Atkinson also has had success with her fashion label Haute Kootoor.

At Sheila Wong Fashion Design Studio (128-1020 Mainland St.), owner and operator Sheila Wong offers customized private lessons by the hour catered to a client's design and sewing skills. Demand is high, with classes often booked months in advance.

"I believe there will always be a continued interest in sewing as long as individuals continue to be creative," Wong said.

Another Space (1523 East Pender St.) was founded by Sarah Peacock and Tada Hozumi. Partnering with the Vancouver Tool Library, they have several sewing machines and host a wide variety of workshops and events, including sewing drop-ins (April 2 is the next one).

Peacock said she thinks sewing's appeal lies in its meditative quality of engaging in a process that uses hands and creativity.

"Women have been gathering for knitting and sewing circles for generations, and sewing with others is part of what draws people to this work," she said.

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The Obamas and Trudeaus at the North Portico of the White House. GETTY IMAGES

'About time, eh?': President Obama

INTERNATIONAL RELATIONS

U.S. delights in first official visit by a PM in nearly 20 years

Trudeau and Obama stand for the playing of national anthems on the South Lawn. THE CANADIAN PRESS

A warm moment in Canada-U.S. relations unfolded on the White House lawn Thursday — one marked by big fanfare and a plan to see U.S. President Barack Obama address Canada's Parliament before he leaves office.

The day began with an elaborate bit of bilateral cinematography: a military brass band, a cannon salute and hundreds of flag-waving onlookers greeting Prime Minister Justin Trudeau, in town for the first state dinner involving a Canadian in 19 years.

"We are very proud to welcome the first official visit by a Canadian prime minister in nearly 20 years. About time, eh?" Obama said.

"We have a common outlook on the world, and I have to say I have never seen so many Americans excited about the visit of a Canadian prime minister."

The two leaders agreed to move forward with a customs pre-clearance experiment that could revolutionize the way Canadians and Americans enter each other's country. It would apply the model used at some airports to other modes of transportation, allowing travellers to clear customs at train stations in Montreal and Vancouver as part of a pilot project. And they expressed optimism that a compromise could soon stave off a new round in the ongoing softwood lumber war.

The biggest news out of the event that American media will certainly seize on was the president's extended riff on the rise of Donald Trump.

THE CANADIAN PRESS

OPINION

Justin's appeal aids coalitions

Matt Laforge
Metro | Toronto

If you're the kind of Canadian who believes ardently in the Trudeau government and the policy agenda it represents, then your hopes for the aftermath of the Obama love-in are sky-high. You want to believe that the prime minister's international celebrity is built to last; that all of this really does mean that "Canada is back."

And if you're not that kind of Canadian, you still have to acknowledge that all this means something.

First, the fact that the most influential left-of-centre entity in all of western democracy, the Democratic party, has, at this moment of electoral crisis and populist anger, attached itself to Trudeauism means that the party sees the prime minister as capable of uniting coalitions and punching above the weight of his small country.

And that, in turn, means that the job of being Trudeau's political opponent here at home just got a lot more complicated, if not a lot more difficult. If taking the Liberal government to task on ISIL or on the budget was already coming at the cost — fair or not — of looking like the last person to get with the times and enjoy the party, now doing so also amounts to a repudiation of a U.S. president who may be a lame duck but who is still very popular in Canada.

Even if you don't like the guy, you probably can't help but like that he's liked.

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Obama: GOP reap what they sowed

UNITED STATES

Party 'crackup' down to years of rhetoric, says president

Years of Republican hardline politics and divisive rhetoric have spawned Donald Trump and the "crackup" of the GOP, U.S. President Barack Obama said Thursday, scoffing at the notion that his actions or policies were to blame for the charged political climate.

At a Rose Garden press conference, Obama laid the responsibility on Republican leaders, who tolerated "maximalist," uncompromising politics and created an environment where "somebody like Donald Trump can thrive."

Obama appeared primed to get his thoughts off his chest, noting he's repeatedly been asked whether he accepts blame for the climate. He finds that idea "novel," he said.

"What I'm not going to do is to validate some notion that the Republican crackup that's been taking place is a consequence of actions that I've taken," he said. "I don't think I was the one to prompt questions about my birth certificate, for example. I don't remember saying, 'Hey, why don't you ask me about that?"

The president argued that Trump, the billionaire frontrunner for the GOP nomination, is not an outlier. He said Trump's policies, particularly on immigration, are not so different from proposals of rivals Marco Rubio and Ted Cruz.

As Obama spoke at the White House, GOP candidates were preparing for Thursday's debate in Miami and high-stakes elections in Florida and Ohio next Tuesday. Meanwhile, anxious Republican officials were coming to terms with the idea that Cruz — their second-least-favourite GOP presidential candidate — may be the only chance to stop Trump's march.

Trump renewed his vigorous criticism of Texas Sen. Cruz, casting the rival he calls "Lying Ted" as too polarizing to break the Washington gridlock or win a general election.

"The problem with Ted is that he'll never get anything done," Trump told CNBC.

"And the bigger problem is that it's impossible for him to get elected."

THE ASSOCIATED PRESS

U.S. President Barack Obama. AFP/GETTY IMAGES

Conditions in the camp on the Greek-Macedonian border deteriorated after three days of heavy rain and closures of migrant routes to western Europe. VISAR KRYEZIU/THE ASSOCIATED PRESS

REFUGEE CRISIS

Trail closures stall migrants

Desperate migrants and refugees piled up Thursday in fetid fields of mud at a closed border crossing as officials warned that a well-trodden route to Europe used by hundreds of thousands in the past year was no longer available.

With the closure of the migrant trail through the Balkans from Greece to more prosperous countries, concern also mounted that people desperate for sanctuary or jobs in Europe are already turning to smugglers to find other pathways.

At the same time, the flow continued to the Greek islands by boat from Turkey, either by those who have not heard the Greece-Macedonia crossings are no longer open, or by others who hope the closure is temporary.

Some didn't make it. Turkey's state-run Anadolu news agency said five people, including a 3-month-old, drowned when their speedboat sank Thursday off Turkey's western coast en route to the Greek island of Lesbos. Nine people were rescued.

THE ASSOCIATED PRESS

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Professor Mark Post of Maastricht University in the Netherlands unveils a burger made from cultured beef. GETTY IMAGES

New meat – animals not required

FOOD

Henless eggs, cowless milk, pigless pork in five years

The future of food may be the stuff of dreams for those vegans and vegetarians secretly pining for a bacon cheeseburger washed down with a milkshake.

Science is poised to alleviate the guilt associated with such feasts by changing how meat, milk and other animal products arrive on dinner plates, with some companies aiming to almost eliminate the need for hens, cows and other animals in the food-supply chain.

Henless egg whites, cowless milk and practically pigless meat are projected to appear in grocery stores as early as five years from now via cultured food, in an effort to reduce factory farming.

Animals often suffer in factory farm conditions, humans can be exposed to viral outbreaks like swine flu from farm animals and an abundance of land and water is required to produce a comparatively small amount of meat, points out New Harvest — a non-profit U.S. research organization that's funding this type of innovation — in a takedown of the farming status quo.

The solution as New Harvest sees it? Cellular agriculture or, more simply put: harvesting the animal products from cell cultures rather than whole animals. Some, like milk, can be made using microbes, like yeast or bacteria. Others, like beef, can be grown using living or previously living cells from animals. THE CANADIAN PRESS

CULTURED FOOD

Beef hamburger
One group of researchers made a cultured beef hamburger by extracting muscle tissue from a cow. That hamburger cost $475,000 to create.

Egg white
Clara Foods is attempting to create a hen-free egg white that CEO Arturo Elizondo says has lots of protein with virtually no fat, cholesterol or carbs.

market minute

DOLLAR 74.93¢ (–0.54¢)
TSX 13,379.14 (–13.76)
OIL $37.84 US (–45¢)
GOLD $1,272.80 US (+$15.40)

NATURAL GAS: $1.788 US (+3.6¢)
DOW JONES: 16,995.13 (–5.23)

RECALL

Glass bits found in Delissio frozen pizzas
Two batches of Delissio's frozen pizza are being recalled because they may contain bits of glass. Nestle says the glass may be from spinach that was a common ingredient.
THE CANADIAN PRESS

Blowing tax refund not good idea: Expert

You might be feeling pretty good about that contribution to the RRSP account and may be daydreaming a little about how you're going to spend the tax refund. But investment experts say people should think twice before blowing that cheque from the government on a new television or a quick weekend getaway.

Larry Moser, divisional manager for BMO Investorline, said people need a strategy for the money, whether it is investing it or paying down debt.

When making an RRSP contribution, people aren't avoiding tax on their contributions, they're only delaying it. The advantage comes from the tax sheltered growth and it is likely people will be in a lower tax bracket in retirement when they withdraw the money than when they earned it.

However, advisers say people need to remember that they will pay tax on the money when it is withdrawn. That means $100 in an RRSP does not necessarily mean $100 in your pocket when you take the money out of the account in retirement.

33%

The percentage of Canadians in a poll done for BMO who expect to save or invest a tax refund. Other top uses: paying down a mortgage (16 per cent), home renovations (14 per cent) and travel or leisure (13 per cent).

Personal finance author Talbot Stevens says investors need to understand the difference between before-tax and after-tax dollars when it comes to their RRSP accounts.

Stevens, author of the Smart Debt Coach, recommends people invest their tax refund and more to help make up the difference, suggesting that Canadians need to top up their RRSP contributions by 25 per cent to 100 per cent.
THE CANADIAN PRESS

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The best or nothing.

NOT SO FRESH The oldest pine fossil ever found — from 140 million years ago, when dinosaurs dominated — has been dug up in a Nova Scotia quarry.

DECODED Global health convergence

CAN SCIENCE SAVE 10 MILLION LIVES?

Climb into your time machine. Step out in 2035. Picture this: The major causes of preventable death among the world's poor have been knocked down by 90 to 95 per cent. A group of experts has published a plan to do exactly that in a collection of papers out this month from the Public Library of Science. The cost? **$70 billion** per year. The return? A little more than **10 million lives** saved annually. That's assuming, with the world's largest dose of elbow grease, the best health successes of the recent past can be repeated everywhere. It's the longest of long shots. **Here's how it could be done.**

CARE FOR MOMS & KIDS

Giving birth is dangerous business. Being a newborn is even riskier. If every new and expectant mother and every child under five had access to adequate medical care by 2035, **7.5 million** lives could be saved per year.

WHAT IT WILL TAKE
Child mortality is way down, but a major scaling-up of basic lifesaving tools is still needed. Every kid needs their essential vaccines, access to re-hydration treatment for diarrhea — a huge killer — and bed nets if malaria is a risk. Women need reliable family planning and a skilled doctor or midwife with them when they give birth.

"(There are) no quick fixes. Lowering maternal and newborn mortality ... requires a functioning health-care system."
— Ann Montgomery, Canadian midwife practicing in the Democratic Republic of Congo

TAP INTO TECH

Researchers found, crucially, that an enormous investment in current tools and technologies would achieve **two-thirds of the improvement** needed to reach the goal of saving 10 million lives yearly by 2035. Beyond that is where the dreaming comes in.

WHAT IT WILL TAKE
The highlights of the global-health wish list: Excellent vaccines for TB and HIV; a one-pill cure for malaria; rapid, simple tests for deadly pregnancy complications. Currently, just one to three per cent of health research money is devoted to the five biggest killers of poor people. That will have to change.

CONTROL INFECTIOUS DISEASES

Humanity's greatest enemies are also its tiniest: HIV/AIDS, malaria, tuberculosis and neglected tropical diseases. With a massive treatment and prevention effort, by 2035, **1.8 million** adult deaths from HIV/AIDS and **970,000** from TB could be prevented every year.

WHAT IT WILL TAKE
Get antiretroviral drugs to people with HIV/AIDS who need them, diagnose TB early and improve access to antibiotics and educate the public about how diseases spread. Medicate people en masse who live in areas with rampant, treatable tropical diseases like hookworm.

STRENGTHEN HEALTH SYSTEMS

In the words of public-health guru Peter Hotez, "New tools will not deliver themselves." Strong health-care systems are the final piece of the puzzle.

WHAT IT WILL TAKE
This is where an emerging area of research comes in: The science of scaling up and delivering health services. In just one example, this kind of research in Mexico led to a system where mothers were paid cash to come to vaccination, family planning and nutrition clinics. The result was a reduction in the number of kids with stunted growth.

Genna Buck
@genna_buck

Citizen Scientist

Can I starve cancer with a strict diet?

QUESTION
I read that the ketogenic diet fights cancer. A cure in plain sight? — Amit, Vancouver

Dear Amit,

Cancer sucks. I wish there were an all-purpose cure.

Cancer cells use tons of glucose to grow and divide and your body makes glucose from carbs you eat. So it follows the ketogenic diet (KD) — uber-low-carb, high fat, high protein — could impede cancer. In other words, the process of how it works (the mechanism) is logically plausible.

That's what makes it different from something like, say, crystal healing. Even if you feel better after, the fact that someone balanced a quartz on your head or whatever is likely not why: The proposed mechanism (manipulation of energy currents) is bonkers.

Reviews of the research show KD is associated with increased survival and reduced tumour growth. But nearly all studies looked at **cancer in lab mice**. Reliable evidence of its efficacy in people doesn't exist yet. So it's definitely not a substitute for cancer treatment.

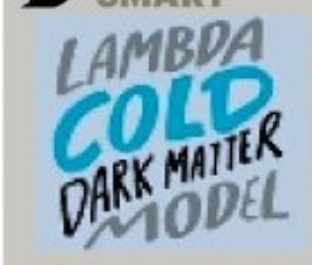
Though human clinical trials are in the works, I found only a smattering of published studies. A 2011 paper looked at 16 adults with advanced cancer (too few to draw general conclusions). On KD, six patients had reduced symptoms. Two died. And the rest decided to quit before the three-month study was over. No surprise: Many cancer patients, owing to the "wanting to barf 24/7" thing, can't face food, period, let alone KD's menu of avocados, bacon, olive oil and all.

FINDINGS
The week in science

Fertile research
British scientists have learned that many women who suffer recurring miscarriages — a long-time medical mystery — have too few stem cells in the lining of their wombs. (Such cells help rebuild the lining every month into a cushy place for an embryo). A simple fix could help some women: "Scratching" the inside of the womb, with a thin bit of plastic inserted through the cervix, to stimulate healing and cell regeneration.

Thank goo we're here
Are you a simple, single-celled bacterium? Are you algae? No? You have your ancestral protein-kinase-encoding gene to thank. Researchers at the University of British Columbia believe they've identified the gene, shared by all complex living things, that first allowed for the evolution of multicellular life forms — plants, animals, and eventually, us. The gene is a blueprint for molecules called protein kinases, which help cells co-ordinate with one another. It arose because of changes to DNA that happened about a billion years ago in a primordial pool of pond scum.

SOUND SMART



It's the underlying concept that explains this: Out in space, when a small blob of dark matter collides with a mini "dwarf" galaxy, the massive exertion of gravity creates a cataclysm of dust and gas that triggers a starburst — the birth of many stars at once.

PHILOSOPHER CAT
by Jason Logan

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news

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Your essential daily news
MOVIES CULTURE TELEVISION STYLE

Mary Elizabeth Winstead plays a young woman trapped in a bunker with a sinister survivalist (played by John Goodman) in 10 Cloverfield Lane. CONTRIBUTED

Our obsession with doomsday

END OF THE WORLD

10 Cloverfield Lane is the latest film that plays on anxiety

Richard Crouse
For Metro Canada

Los Angeles is a sun-dappled utopia with a Mediterranean climate, palm trees as far as the eye can see and only 35 days of precipitation annually. It's a sprawling Garden of Eden, with pockets of paradise connected by an interweaving series of freeways. Think year-round sun tans, flip-flops and driving the convertible with the top down.

So why, when such natural beauty surrounds it, does Hollywood seem obsessed with stories about the end of the world? Could it be it's because they live above the San Andreas Fault, an inner earth rupture that issues occasional rumblings that threaten to drop much of Southern California into the Pacific Ocean? Perhaps it's because it's the home of Kim, Kourtney and Khloé, an alliterative television family who seem to be a harbinger for the dissolution of society.

Whatever the reason, in movie after movie Hollywood hands us terrifying visions of what the world will look like when the Kardashians are done with it.

This weekend 10 Cloverfield Lane, which producer J.J. Abrams calls a "blood relative" but not a sequel to his 2008 monster flick Cloverfield, sees Michelle (Mary Elizabeth Winstead) trapped in an underground bunker with a sinister survivalist played by John Goodman. Outside, he says, an attack is about to leave the world uninhabitable. "Something's coming," he hisses.

What exactly is happening outside the bunker's walls is unclear. Whether it's nuclear fallout, an unexpected ice age or a zombie holocaust that brings about the end, the post apocalyptic feel of 10 Cloverfield Lane is just the latest attempt by the film biz to tap into the world's general feeling of unease.

In 1959 bright and sunshiny Hollywood offered up a scary story that set the date for the end of the world just after World War III in 1964. In On the Beach, nuclear war has destroyed all life on the planet save for a small enclave in Australia, but even they will succumb once the radiation clouds drift by. As doomsday dramas go this one is particularly depressing — for example people gobble up "suicide pills" — but its Cold War commentary led one writer to label it "the most important film of our time."

Not all end-of-the-world scenarios are as grim as that, however. Seeking a Friend for the End of the World's set up sounds bleak but it's actually amusing and inventive.

Three weeks before a giant asteroid is scheduled to collide with earth, Dodge (Steve Carell) and his flaky downstairs neighbour (Keira Knightley) head out of town, looking for meaning in a world that soon won't exist. It's a low-key movie that could have been a broad comedy, but instead chooses for a more modest, heartfelt approach.

Sometimes the end of the world is appealing; cute even. WALL-E, the story of a lonely, but adorable, robot who inadvertently gives humankind a second chance, is aimed at kids but doesn't look like any other kid's movie you've seen. Don't expect the same old from Pixar. It's ambitious and beautiful like 2001: A Space Odyssey for children.

With such a range of dystopian stories to mine it seems sunny Hollywood just might produce dark visions of our planet until the end of the world comes for real.

MOVIE RATINGS by Richard Crouse

10 Cloverfield Lane	★★★★
The Little Prince	★★★★
Born to be Blue	★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

THE TV DINNER
JESSICA ALLEN

'You're a beggar, on your knees, and you will take whatever we shove down your throat.' Which was pretty much my approach to Sunday's soups.

I made two pots of soup and cleaned my kitchen in just under five hours on Sunday afternoon. I could've done it in two but I was simultaneously watching six episodes of House of Cards.

Blame Netflix, who released the political drama's complete fourth season on March 4, just in time for weekend binge-watching. I came out on the other side with white bean, sausage and swiss chard soup plus a black bean purée.

The plot picks up right where things left off: First Lady Claire (Robin Wright) has left her husband, president Francis "Frank" Underwood (Kevin Spacey). This time around, POTUS AND FLOTUS's biggest threats are each other. It's like they forgot that they're better when they work together.

I know the feeling: After we first watched House of Cards back in 2013, Simon joked that he was going to get a rowing machine, just like Frank's. It was a joke because, and God bless him, he's not what I'd call athletically inclined. Flash forward to January 2016: after coming home from a week-long work trip, I lugged my bag upstairs to unpack. There, in the middle of the bedroom, was a rowing machine he'd purchased from Amazon while I was away. Who is this person I've been living with for 12 years? I thought.

Simon explained: "You know how the only clothes you care about are leisure and sleepwear and I'm supportive? Well, my fashion goal for this year is simply to look incredible in jeans and a T-shirt. These abs aren't going to tone themselves."

I didn't have the heart to tell him that the rowing machine wasn't the quickest way to a six pack. But he was right about my obsessions with sleepwear. In a matter of minutes I had gone from wondering who he was, to asking: Who am I?

Claire is also in the middle of an existential crisis, despite always looking flawless. I fixate on her pyjamas. Whether it's a crisp, white cotton night shirt or a two-piece set in black silk, her bedtime attire is extraordinary.

But there's never any flannel: all the better because if Claire Underwood warmed up, who would she be? Not the Machiavellian, cold-hearted, complicated bitch who's become one of the most engaging characters on TV. Even the (fictional) Russian president is no match for her: "I'm done letting you have your dignity," she tells him. "The truth is, you're a beggar, on your knees, and you will take whatever we shove down your throat."

Which was pretty much my approach to Sunday's soups. I wasn't following recipes for either: I just took those raw ingredients, plus some canned stuff, and I turned them into comestibles so tasty that you'd beg me for seconds.

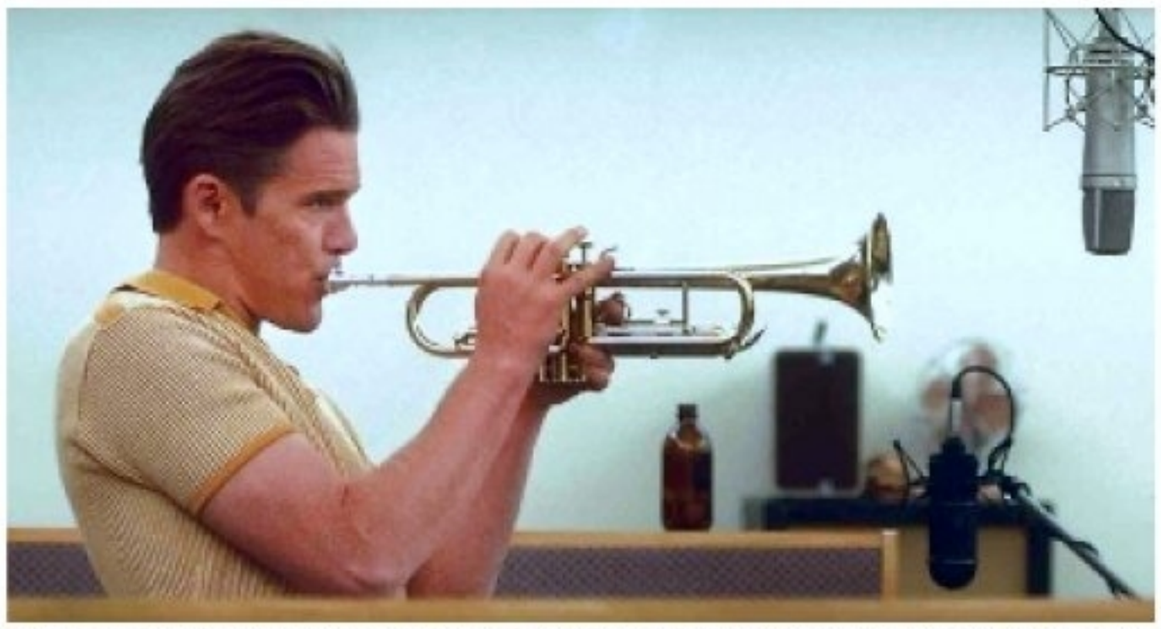
Unfortunately they both looked like barf so there is no photo documentation to prove that they exist. If I were Frank Underwood, I'd turn to the camera right now and drawl "You'll just have to trust me."

‘Self-destruction is a real enemy’

BORN TO BE BLUE

Ethan Hawke stars as tragic musician Chet Baker in biopic

Richard Crouse
For Metro Canada



Ethan Hawke, who plays trumpet player Chet Baker in the new biography Born to Be Blue, says artists are able to turn suffering into something beautiful and relatable. CONTRIBUTED

In Born to Be Blue, a stylish new biopic about the turbulent life of My Funny Valentine trumpeter Chet Baker, Miles Davis tells the horn player, “You haven’t lived enough” to be a great musician.

When I ask Hawke if great art can be created without life experience, he says, “My take is that there are no rules, but you don’t become Nelson Mandela without suffering. There is a huge myth around Mozart that he was just divinely inspired. In truth, he worked really hard. He was obsessed with music from a very young age.

“You could make the case that Michael Jackson suffered immensely and that is part of what drove him. I think the service of the artistic community is to translate our lives back to us and hopefully to lend some understanding. You need to participate in life and feel life to be able to do that. But you know lots of people suffer without a gift or talent to translate it into a beautiful painting.”

Baker took Davis’s comment to heart and set off on a lifelong self-destructive bender that saw him fall into drug addiction, even pawning his instruments to support his drug habit.

“In the arts, self destruction is a real enemy,” Hawke says. “If you eliminate self-destruction, if you get out of your own way, give yourself permission to have respect for yourself and treat yourself like someone that you love, your chances of success quadruple. That’s really hard.

“It sounds so simple. The documentary I made (Seymour: An Introduction) is all about how hard that is.”

Hawke shares Baker’s rough-hewn good looks and does a convincing job of imitating the fragile beauty of his singing voice. More importantly he apes the addict’s temperament. Charming one minute, petulant and/or incoherent the next, he plays Baker as a talented train wreck; a man whose tragic life experience fed his art.

Hawke may resemble the musician but the similarity is only physical. He is comfortable in his skin.

SUPPORTING ROLE

Playing the patient lover

Carmen Ejogo plays Jane, an actress and love interest who becomes the fulcrum of Baker’s recovery, weathering his anger and occasional relapses with impossible patience.

In fact, Jane never existed. She’s a composite of the women who floated in and out of the thrice-married Baker’s life.

“There was absolute liberty to do what I wanted on this,” said Ejogo, who was more bound to historical accuracy when she portrayed Coretta Scott King in Selma.

“He was a bit of a (expletive) when it came to women. I mean, he really was quite abusive and he really expected them to bend to his whims, and I’ve just heard some crazy horror stories — cornering girlfriends in bathrooms and forcing them to inject.

“But I think to reveal the darker side of any mythological legendary heroic type is the most interesting space to explore,” she added.

THE CANADIAN PRESS

ONGOING COMMITMENT

NFB vows gender parity

The National Film Board of Canada says at least half of its productions will be directed by women within three years.

And NFB head Claude Joli-Coeur says female directors will get half of the board’s production budget by 2019.

Joli-Coeur vowed to usher in complete gender parity while speaking at the Vancouver International Women in Film Festival earlier this week. He says he hopes the NFB can “lead the way for the industry as a whole.”

Half of this year’s spending already goes to projects with female directors, but Joli-Coeur says that fluctuates from year to year.

The federal agency boasts a strong stable of female filmmakers: Sarah Polley’s intensely personal feature Stories We Tell is considered the NFB’s most popular theatrical documentary of all time, while Torill Kove is an Oscar-winner for her animated short The Danish Poet, and documentary maker Mina Shum is riding acclaim for her latest feature, Ninth Floor.

“There have been good years and lean years for women’s filmmaking at the NFB. No more,” Joli-Coeur added in a release issued Tuesday.

“Today, I’m making a firm, ongoing commitment to full gender parity, which I hope will help to lead the way for the industry as a whole.”

Canadian filmmaker Torill Kove poses with the Oscar for best animated short film for The Danish Poet. THE ASSOCIATED PRESS

Female-directed projects in the works include Kove’s next animated short, Threads; Zayne Akyol’s Terre de Roses, Mon Nom Est Gulistan; Marie Clements’s The Road Forward; Ann Marie Fleming’s feature animation Window Horses; Tiffany Hsiung’s The Apology; and Anjali Nayar’s Gun Runners. THE CANADIAN PRESS

> **I find the lack of representation unacceptable, given the amazing talent that exists.**
> NFB head Claude Joli-Coeur

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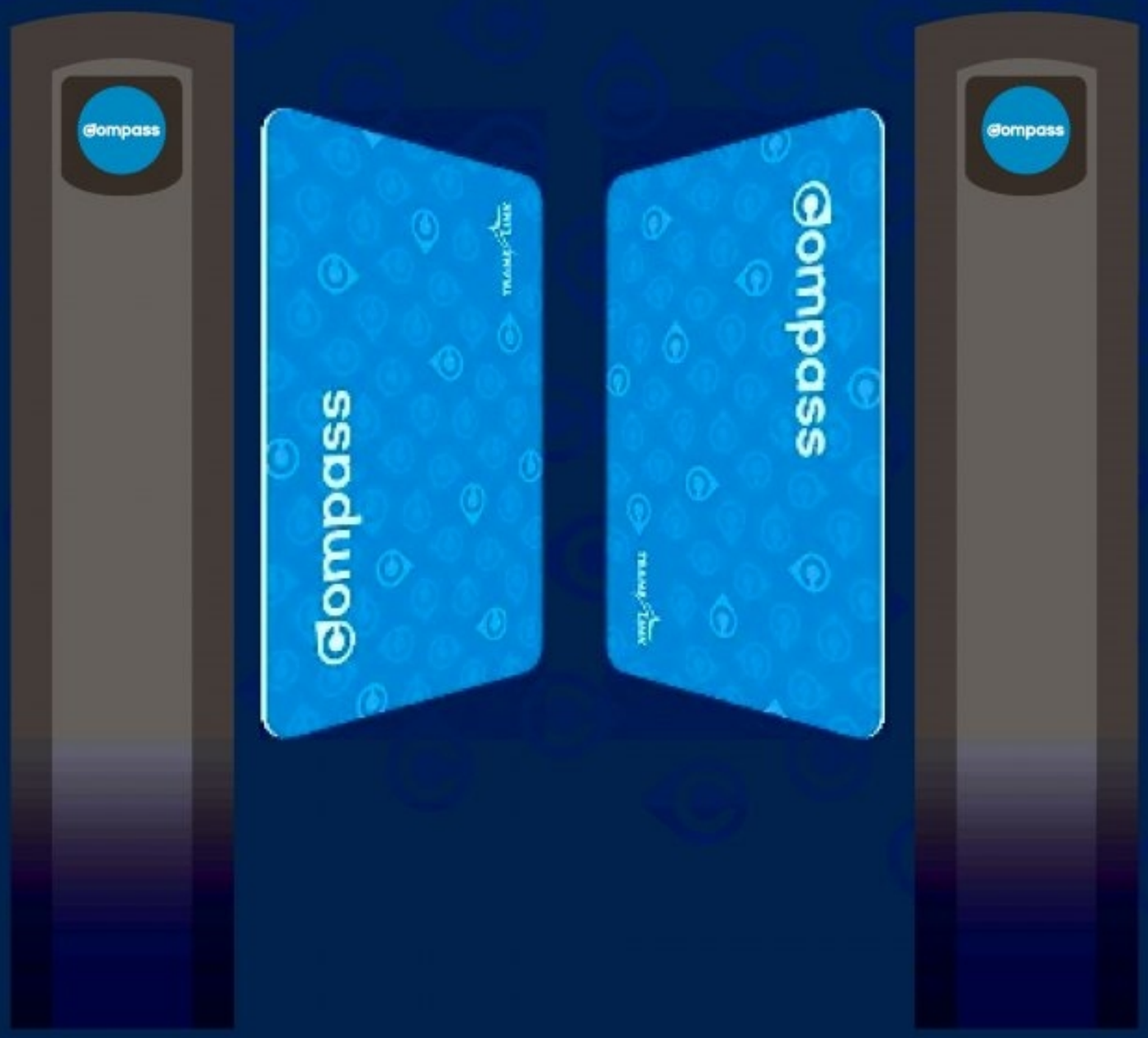

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Sophie's dress choice more than a dream for designer

FASHION

Lucian Matis piece worn for debut at the White House

Jessica Smith Cross
Metro | Toronto

Sophie Grégoire-Trudeau and First Lady Michelle Obama share a laugh during a ceremony at the White House on Thursday. OLIVIER DOULIERY/GETTY IMAGES

The dress Sophie Grégoire-Trudeau chose for her official arrival at the White House was kept secret, unknown even to the designer who created it.

"When it comes to the government, everything's very hush-hush," said Lucian Matis, the Toronto designer who created the red and pink dress Grégoire-Trudeau wore on her state visit to the U.S. on Thursday.

It came as a surprise to him.

"This morning I got all these texts, social media started and then TV stations started calling," he said. "It's been a tremendous response, and it's quite overwhelming."

Six weeks ago, Matis received a call from Grégoire-Trudeau's stylist, Jessica Mulroney, requesting several dresses for the Prime Minister's wife to try on. He fitted her for several, leaving her with many options and not knowing if she'd wear any.

But the dress, splashed with a silk appliqué of hand-painted orchids, stood out at the time.

"It's interesting, she was telling me about how she rarely wears crew neck, but because the dress is so fitted it still has enough sex appeal — that it's not too revealing and is appropriate for the occasion," Matis said.

Grégoire-Trudeau was a model client, Matis said.

"I didn't expect for her to be even more beautiful in person than she is photographed, surprisingly that's even possible," he said. "And she is very down to earth and very knowledgeable of fashion and her style."

The dress ended up as a perfect choice, he said.

"The red stood out beautifully against the background of people she was surrounded by because most people wore black or darker colours," he said. "And it's a Canadian colour, our flag's colour, which is wonderful."

Matis said the dress is part of his 2016 Spring/Summer collection but because he was caught by surprise he's not entirely sure which retailers are carrying it.

"I never dreamt that the first lady of Canada would be wearing it at the White House," he said. "I was quite, quite shocked."

As of late Thursday afternoon, Matis had no idea what Grégoire-Trudeau would wear to the state dinner. "I don't know," he said. "Maybe one of ours, but maybe another Canadian designer."

Turns out, she chose a cap-sleeved embroidered purple dress by Lucian Matis.

> **"I never dreamt that the first lady of Canada would be wearing it at the White House. I was quite, quite shocked.**

Lucian Matis

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DRAMA/MYSTERY

10 Cloverfield Lane

Director: Dan Trachtenberg
Starring: Mary Elizabeth Winstead, John Goodman

A young woman wakes up after an accident to find that she's locked in a cellar with a doomsday prepper who insists that he saved her life and the world outside is uninhabitable following an apocalyptic catastrophe.

ROTTEN TOMATOES™ SCORE
Critics: 94% Audience: 98%

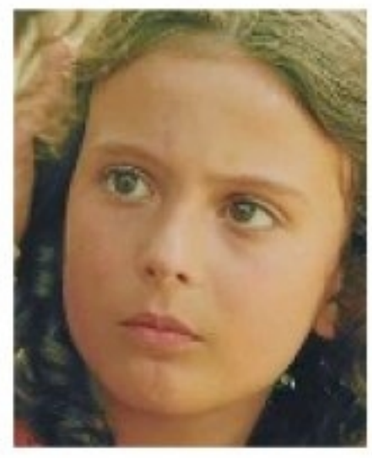
COMEDY

The Brothers Grimsby

Director: Louis Leterrier
Starring: Sacha Baron Cohen, Mark Strong

Nobby, a sweet but dimwitted English football hooligan, reunites with his long-lost brother Sebastian, a deadly MI6 agent, to prevent a massive global terror attack and prove that behind every great spy is an embarrassing sibling.

ROTTEN TOMATOES™ SCORE
Critics: 51% Audience: 86%



DRAMA

The Young Messiah

Director: Cyrus Nowrasteh
Starring: Adam Greaves-Neal, Sara Lazzaro

The inspiring and unique story of seven-year-old Jesus Christ and his family as they come to a fuller understanding of his divine nature and purpose.

ROTTEN TOMATOES™ SCORE
Critics: NOT YET REVIEWED Audience: 83%

SCI-FI & FANTASY

The Little Prince

Director: Mark Osborne
Starring: Rachel McAdams, Paul Rudd

Kung-fu Panda director Mark Osborne teams with producers Aton Soumache and Dimitri Rassam for this animated take on Antoine de Saint-Exupery's beloved novella about a pilot (voice of Jeff Bridges) who crash lands in the Sahara desert.

ROTTEN TOMATOES™ SCORE
Critics: 91% Audience: 95%

ACTION/COMEDY

Zootopia

Director: Byron Howard, Rich Moore
Starring: Ginnifer Goodwin, Jason Bateman

Zootopia is a city like no other. Comprised of habitat neighbourhoods like ritzy Sahara Square and frigid Tundratown, it's a melting pot where animals from every environment live together — a place where no matter what you are, you can be anything.

ROTTEN TOMATOES™ SCORE
Critics: 100% Audience: 98%

ACTION & ADVENTURE

London Has Fallen

Director: Babak Najafi
Starring: Gerard Butler, Aaron Eckhart

The British Prime Minister has passed away under mysterious circumstances. His funeral is a must-attend event for leaders of the western world. What starts out as the most protected event on Earth turns into a deadly plot.

ROTTEN TOMATOES™ SCORE
Critics: 26% Audience: 64%

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Coming of age when you're nearing 70

INTERVIEW

Sally Field takes on sweet comic indie tale

It sounds like a misprint, but it's not: Sally Field has headlined just one movie in the last two decades.

The reasons why are many. Hollywood doesn't exactly churn out good parts for middle-aged or older actresses, even for beloved two-time Oscar winners. Field has also been drawn elsewhere, back to television, where she got her start in the 1960s on Gidget and The Flying Nun. And then there's the fact that Field isn't much inclined to play, as she says, "the traditional mother thing."

"I'm certainly at a point in my life where I don't do anything that I don't want to do," Field says. "There are things that come to me, maybe the script is good but you don't really need me in this movie to stand at the door and say, 'Drive carefully.'"

Hello, My Name Is Doris is a reminder of what the movies have been missing out on. In the film, directed and co-written by Michael Showalter, Field stars as a spinsterish, daydreaming New York accountant who, after her mother dies, cautiously begins seeking out new experiences and pursuing — comically, awkwardly, sweetly — a much younger man: an art director at her Manhattan office played by Max Greenfield.

The film is a blend of tones — broadly funny, dramatically tender — and populated by veteran performers like Tyne Daly, Stephen Root and Peter Gallagher.

Holding it all together is the ever-plucky Field, outfitted with two pairs of eyeglasses around her neck and a nest of hair, Field's intentionally messy version of a Brigitte Bardot 'do.

Made for only about $1 million and shot in three weeks, it's an unusually indie project for Field, who jumped at the chance to play Doris.

The hunt for such characters in a male-dominated industry, Field says, has been the story of her career.

"It's always been a struggle. It's not a new struggle to me," she said in a recent interview. "But certainly as I've gotten older, put it this way, it doesn't get easier."

She hasn't lost it one bit!
Doris co-writer Michael Showalter on Sally Field

Sally Field plays a day dreaming New York accountant in Hello, My Name is Doris.
THE ASSOCIATED PRESS

Field has followed the rising outrage over gender equality in the movie industry with a mix of optimism and wariness. She's spent years watching women filmmakers fail to land big movies and female-led films be passed over by studios.

"Certainly you can't say that nothing has happened. There has been a lot of movement," says Field. "But it has been SO gradual. I've been here for going on 53 years. It's been so incredibly, incrementally gradual."

In person, Field, aside from looking stunning for a woman nearing 70, is disarmingly direct. Those who work with her say that straightforward matter-of-factness is how she approaches making a movie, too.

"As soon as you say anything to her that has to do with her status or stature, she'll just say 'Oh shut up!"' says Greenfield. "She doesn't let you treat her that way for more than half a second."

Hello, My Name Is Doris began as an eight-minute short by Laura Terruso, then a film student at New York University. Her teacher, Showalter, thought it was worth developing and the two stretched the story into a feature screenplay.

Showalter, an alum of the sketch comedy troupe The State, considered Field the "pie-in-the-sky" casting option, and was flabbergasted when she agreed. Her presence and focus, he says, led the cast and crew to "raise their game to meet her."

"She walked into a situation — a tiny little indie movie with a bunch of young people wet behind the ears — and she came in so funny, so crisp and so brilliant," says Showalter. "She hasn't lost it one bit."

THE ASSOCIATED PRESS

Damon goes to Great Wall for China

JOINT VENTURE

Tinseltown eyes new market as it stokes Chinese film ambitions

China has a new ally in its campaign to turn itself into a global cultural superpower: Matt Damon. And, behind him, a good chunk of Hollywood as well.

Chinese leaders have long sought international cultural influence, aka "soft power," commensurate with the nation's economic might. That's brought us official Confucian institutes scattered across the world, billions of dollars in development aid and awe-inspiring Olympic ceremonies. But China's own film industry remains a mere flicker on the global screen.

Which is where Damon comes in. Early next year, the star of The Martian will headline The Great Wall, a historical epic filmed in China with Chinese and American stars, a famous Chinese director, a cast and crew of roughly 1,300, a $150-million budget and some nasty monsters. (Not to mention the support of the Chinese government.) If all goes according to plan, the film could be China's first international blockbuster — one that might presage a wave of similar films intended to present a new face of China to the world.

That's a lot to expect from a decidedly unusual action flick. In The Great Wall, Damon plays a wandering European mercenary in the pre-gunpowder era who stumbles across the titular structure and learns what it's really for. (Hint: Those monsters might be involved.)

$3.5B

One Chinese company snapped up an entire Hollywood studio, Legendary Entertainment, for $3.5 billion. Legendary just happens to be the studio behind The Great Wall.

But film-industry types on both sides of the Pacific believe this kind of joint venture could open huge new opportunities for all sides. For Hollywood, it's about expanding markets and investment; for the Chinese government and private companies alike, it's about harnessing American stars and storytelling to help movies based on Chinese history, myths and cultural icons break out onto a global stage.

Chinese authorities "have not made any secret of their desire to spread and to encourage and to develop soft power," says Rance Pow, president of Artisan Gateway, a Shanghai-based research firm that tracks the Chinese box office. Regaling the world with made-in-China blockbusters, he says, is one way to do so.

The biggest draw for Tinseltown is China's huge and expanding film market. Cinema attendance in the U.S. and Canada has been flat for a decade, but Chinese moviegoers are on a tear, snapping up tickets worth $6.8 billion in 2015, up nearly 50 per cent from a year earlier. At that pace, China could eclipse the U.S. as the world's largest film market as early as next year.

THE ASSOCIATED PRESS

The Great Wall star Matt Damon, left, with Chinese director Zhang Yimou. THE ASSOCIATED PRESS

$ CULTURE CLASH

Box office vs. core values

The Western appetite for China-centric films remains uncertain. Consider The Flowers of War, a 2011 film about the Japanese army's vicious 1937 sack of Nanking. Despite star Christian Bale and a $94-million budget, the movie pulled in less than $500,000 in the U.S., according to Box Office Mojo.

The brutality portrayed in the film turned off foreign audiences as a "kind of propaganda," says Peter Li, managing director of CMC Capital Partners, a unit of China Media Capital.

Foreign co-productions could suffer a similar fate if they grow too heavy handed in an attempt to satisfy Chinese censors, who oversee all films released domestically. "If you promote socialist core values, you're not going to succeed overseas," says Stan Rosen, a University of Southern California political scientist.

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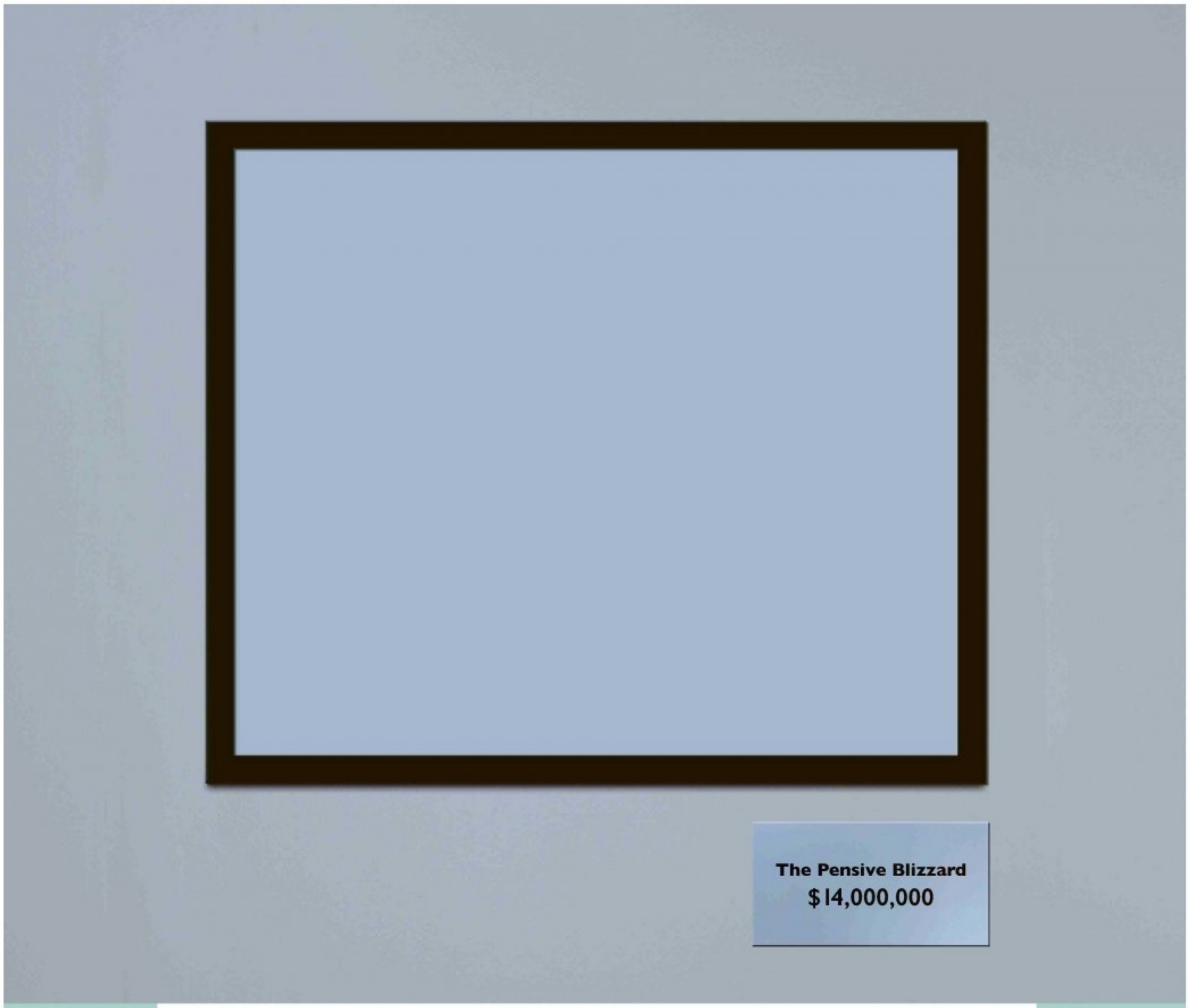

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MEXICO

Or, if you just wanna chill, take in some surf and sand

Loren Christie
For Metro Canada

Orange Veuve Clicquot stations are the only things that break up the crisp white of the pool-side area. ALL PHOTOS PETER REMUS

Los Cabos has its sexy back.

After being decimated by Hurricane Odile in September of 2014, this popular tourist area at the southernmost tip of Mexico's Baja Peninsula has reclaimed its status as the go-to destination for Hollywood A-listers, party goers and sun seekers happy to bask in the region's 350 days of average annual sunshine.

The sister cities of Cabo San Lucas and San José del Cabo and the 32-kilometre stretch of beaches and luxury resorts connecting the two make up the heart of the region.

Cabo San Lucas has the buzz, offering numerous water activities from SUP yoga to whale watching.

The bars and clubs were humming on the nights we were there and for those who prefer a quieter option there are a number of outstanding restaurants to choose from.

Our cliff side dinner under the moonlight at El Farallon was a highlight.

San José del Cabo is a quiet, more traditional Mexican town.

The Art Walk, held every Thursday evening between November and June is a great time to explore.

You can check out local art as you wander through the historic gallery district.

Pop into one of the higher end galleries where they give you a shot of tequila to help you drink in the art.

The recently re-opened 170 room ME Cabo is a shining example of the region's new and improved swagger.

While the renovated guestrooms and a new Peruvian dining experience are impressive, it is the revamped pool area that is truly the heartbeat of the hotel.

Pure white poolside furniture, including solid plastic wingback armchairs, gives it a crisp modern feel.

The splashes of orange that caught my eye when I first arrived turned out to be Veuve Clicquot branded champagne buckets, conveniently placed within arms' reach of the chaise lounges.

A DJ booth on the upper level of the swim-up pool bar sets the tone for the day playing a specially curated music soundtrack that follows the sun, light and peppy for your morning coffee in the Beach Club and amped up party remixes in the heat of the afternoon.

Guest DJs, including the likes of Hardwell and David Guetta, can turn a Saturday at the ME pool into Cabo's "It" destination.

Although I enjoyed the pool party vibe I am, at heart, more of a beach bum.

A week of surf and sand from the comfort of one of ME's private cabanas with a postcard view of Land's End, Cabos' famous rocky promontory, was how I got my groove back.

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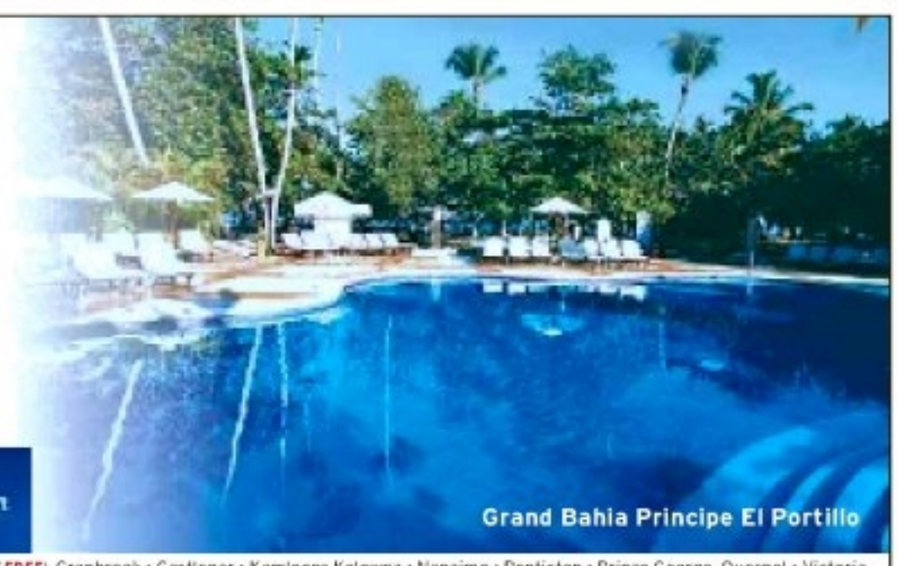
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A worker puts the final touches on a recording pod at the Grammy Museum Mississippi in Cleveland, Miss. Mississippi was chosen for its vital contribution to popular music — namely, African American blues musicians like Robert Johnson and B.B. King.

ALL PHOTOS ROGELIO V. SOLIS/THE ASSOCIATED PRESS

Grammy museum opens in Mississippi

MUSEUM

Cleveland site of new music attraction

Grammy performance costumes.

The second and only official Grammy Museum outside of Los Angeles opens Saturday in the Mississippi Delta, cradle of the blues.

Organizers chose Cleveland, Miss. — two hours north of the state capital Jackson — for the nearly $20 million project and promise one of the most advanced museums in the country. It's a smaller but updated version of its sister museum in California and employs high-definition touchscreens and interactive technology to chronicle American music history from before the first Grammy Awards in 1959 to the present.

The bedrock of that history is the Mississippi Delta, said Bob Santelli, executive director of the Grammy Museum in Los Angeles. The rhythmic guitar and soulful ballads of bluesmen like Robert Johnson and B.B. King travelled up the Mississippi River and across the country, influencing nearly every style of American popular music including, jazz, hip-hop and rock 'n' roll.

The state also claims the most Grammy winners per capita in the world. "Isn't that wild?" Santelli said. "You take the state of Mississippi out of American music history and you have a very large gap to fill."

The blues mesmerized musicians ranging from Tupelo native Elvis Presley to The Beatles and more in generations since, said Patricia Walker, songwriter and head of Delta State University's music department. The original bluesmen — mostly African-American men living in the Jim Crow era of discrimination in the South — lived off the land and eased their hardships through music.

> **There's something in the water here, in the dirt. It's very deep. It's very real.**
>
> Jessica Faith, musician

"Everybody at one time or another has had the blues," Walker said. "The musicians that came out of here had to dig deep in the soil to make a living, and they dug deep to capture those feelings in their music."

Officials designed the museum — the most upscale building to come to the region — with the Delta's history in mind. Corrugated metal on the building's exterior is a nod to the tin metal sharecropper shacks many blues musicians grew up in. The entrance looks like a big front porch, a common feature of many Delta homes.

Cleveland Chamber of Commerce Director Judson Thigpen estimates the museum could bring in about $20 million annually as a tourist draw to the entire region.

The museum was a collaborative effort to spotlight the Delta's music legacy, said Allen Hammons who helped establish the B.B. King Museum in Indianola, Miss., as well as a Blues Trail along highways in the state. In 2011 Hammons joined Walker and others to form the Cleveland Music Foundation, a non-profit foundation that built and operates the museum.

THE ASSOCIATED PRESS

metro SPORTS

Tom Brady's two-year extension with the Pats will give him a $28-million signing bonus and adds $41 million to his deal should he play it out

Making Vancouver a regular stop on 7s circuit

RUGBY

Organizers want weekend to be one to look forward to

Cam Tucker
Metro | Vancouver

B.C. Rugby U23 took on Fiji Blond at Brockton Oval in Stanley Park on Thursday ahead of the HSBC Canada Sevens in Vancouver this weekend. Fiji Blond won 17-14. JENNIFER GAUTHIER/METRO

Vancouver is no stranger to the international sports stage. The city hosted the Olympics six years ago and the FIFA Women's World Cup at BC Place Stadium last year.

This weekend, the stadium and city will host 16 rugby nations for the HSBC Canada Sevens. Vancouver is one of five new stops on the Sevens World Series circuit this season, and the event will appear here for the next three years beyond 2016.

Canada Sevens CEO Bill Cooper said there are aspirations for this event to be in Vancouver "as long as it can be" and "part of the annual fabric" similar to the Toronto International Film Festival or Stampede in Calgary.

"And it'll be a weekend that people look forward to and it's a cornerstone moment on our calendar," Cooper said on Wednesday.

After selling out the lower bowl of BC Place and further ticket demand, an additional 5,000 general admission passes for the upper bowl were recently released, which is a positive sign of fan interest.

General admission ticket policy is quintessential for rugby sevens events, said Cooper. But organizers in Vancouver may alter that plan for future competitions depending on the feedback they get from the fans this weekend.

"The trick for us will be seeing how the Vancouver fans respond to it — whether they like it. We might tailor the portion of (general admission)," said Cooper.

"As an example, our reserved seats sold very early and that's an indication, perhaps, that Vancouverites like a reserved seat. So we'll look at that in Year Two and scale the stadium appropriately."

> **We have to park our ego and learn from what the fans and players tell us.**
> Bill Cooper, Canada Sevens CEO

Canada Sevens is expecting 60,000 people to the two-day event, which begins Saturday.

Because of the thrilling pace of play and excitement in the crowd, rugby sevens competitions provide a party-like atmosphere for spectators.

But this is also a learning experience for organizers on everything from music and food to general admission seating.

"It's an asset for Rugby Canada to grow the game, but it's an asset for our host communities," said Cooper. "We have to park our ego and learn from what the fans and players tell us.

"That's the beautiful thing of having an annual event is that there's only so much you can change between Saturday and Sunday — not much — but by Year Two, if there's some loud and clear messages, we can adapt to that."

CANUCKS

Henrik Sedin worried about hyping up Tryamkin

The Big Guy is here. Now, when will he play?

Nikita Tryamkin signing with the Canucks certainly isn't lacking any hype. The gigantic Russian defenceman skated prior to a team practice at UBC on Thursday. He met with the media afterward.

With his arrival comes fascination.

Exactly what are the Canucks getting in a player that stands nearly six-foot-eight-inches tall? At least based on management's perspective, he can skate well for his size, he's got decent enough hands and a booming shot that, well, isn't always the most accurate. He's a left-handed defenceman but can play the right side.

Nikita Tryamkin
GETTY IMAGES

Tryamkin, through a translator, said he models his game after Bruins captain Zdeno Chara.

Now, exactly how will his game translate to the NHL?

Head coach Willie Desjardins cautioned that, at first, opposing players will be on Tryamkin "a lot quicker" because of the smaller ice surface, and the pace and pressure will be different from the KHL.

> **Don't hype him too much.**
> Henrik Sedin

It's unlikely Tryamkin plays Saturday versus the Nashville Predators at Rogers Arena.

"I'm a little scared about the hype around him, though," said Canucks captain Henrik Sedin.

"He's played in the KHL and he's done a good job there but it's different to play in the NHL. This is why this is the best league in the world. I think people should … don't hype him too much. He's going to come over, get some games and we'll go from there. He's not going to be the next Chris Pronger." CAM TUCKER/METRO

IN BRIEF

Subban hurt in Habs win
Alex Galchenyuk scored twice as the Montreal Canadiens beat the Buffalo Sabres 3-2 on Thursday night for a second consecutive win, but lost defenceman P.K. Subban along the way.

The game was delayed in the last minutes as Subban was stretchered off.

Subban was injured when teammate Alexei Emelin ran into him, knocking him on the side of the head with his back side while retrieving the puck in Montreal's corner.
THE CANADIAN PRESS

Raptors rack up 14th victory in last 15 games
DeMar DeRozan poured in 30 points to lift Toronto 104-96 over the Atlanta Hawks on Thursday, victory No. 14 for the Raptors in their last 15 games.

Kyle Lowry added 19 points as six Raptors scored in double figures.
THE CANADIAN PRESS

Liverpool scores twice in first leg vs. Man United
Liverpool outclassed Manchester United but relied on two defensive blunders to win 2-0 in a high-profile all-English match in the Europa League last 16 on Thursday.

Daniel Sturridge — from a penalty — and Roberto Firmino scored to make Liverpool a strong favourite to advance after next week's return leg.
THE ASSOCIATED PRESS

Reigning champs held out of Brier playoffs
Alberta's Kevin Koe (8-3), Manitoba's Mike McEwen (7-3) and Brad Gushue (9-1) of Newfoundland and Labrador joined Northern Ontario's Brad Jacobs (10-0) in the playoff mix at the Tim Hortons Brier on Thursday.

With all four Page playoff spots sewn up, it's guaranteed that there will be a new champion this year. The Pat Simmons-skipped Team Canada (6-5), thought to be a favourite heading into the event, closed out his round robin with a 9-8 win over Ontario's Glenn Howard (4-7) on Thursday evening. THE CANADIAN PRESS

Jays keep on rolling with win over Yanks

GRAPEFRUIT LEAGUE

Bautista makes debut, hits the dirt against wild Chapman

New York Yankees closer Aroldis Chapman and Toronto slugger Jose Bautista made their spring training debuts Thursday during the Blue Jays' 11-4 win over a Yankees' split squad.

Chapman hit Bautista with a pitch in the fifth, when the left-hander gave up a run, hit two batters and walked two others during two-thirds of an inning. Chapman reached 99 miles an hour and was consistently around 96-97, but 17 of his 26 pitches were balls.

"A slider in the dirt and it hit my (right) foot," Bautista said. "It's his first outing, too. He's all over the place, which is normal for a pitcher. They're excited, it's the first time. He had a long off-season. He's probably feeling great, so he's trying to harness all his strength and velocity."

Acquired from Cincinnati in December, Chapman will begin serving a 30-game suspension at the start of the season, a penalty he agreed to under baseball's new domestic violence policy.

"Just because I didn't have my control today doesn't mean I have to worry about it," Chapman said through a translator. "This is spring training."

Jose Bautista gathers himself after being hit by a pitch. CHRIS O'MEARA/THE ASSOCIATED PRESS

Bautista was a designated hitter for five innings. He earlier popped out and struck out.

Toronto delayed Bautista's first game in an effort to help him stay stronger throughout the season. The 35-year-old had 40 homers and 114 RBIs last season.

> **Saw some good pitches. I was tracking the ball.**
> Jose Bautista

"The normal first game," Bautista said. "You kind of get a feel for it. Saw some good pitches. I was tracking the ball. I felt like I was picking it up good out of their hand. A good day."

Andrew Miller, who will retain the Yankees' closer role during Chapman's absence, gave up four hits, including a two-run single to Josh Donaldson in the third.

Drew Hutchison, bidding for the fifth starter spot, allowed two runs and three hits over 2-2/3 innings.

Switch-pitcher Pat Venditte, a former Yankee, struck out one in a perfect seventh.

First baseman Edwin Encarnacion, whose spring debut was set back by an abscessed tooth, could play next week.

THE ASSOCIATED PRESS

HOME RUN CELEBRATIONS

Joey Bats 'disgrace,' says hall-of-famer

Hall-of-fame relief pitcher Rich (Goose) Gossage has criticized Toronto star Jose Bautista and New York Mets slugger Yoenis Cespedes for the way the pair celebrated home runs during the playoffs last year.

Gossage called Bautista a "disgrace to the game" during a profanity-laced interview in Tampa on Thursday.

"He's embarrassing to all the Latin players, whoever played before him," Gossage told ESPN. "Throwing his bat and acting like a fool, like all those guys in Toronto. Cespedes, same thing."

Bautista memorably flipped his bat after hitting a three-run homer that gave the Blue Jays the lead in the seventh inning in Game 5 of the AL Division Series against Texas.

"He's entitled to his opinion," Bautista said. "I don't agree with him whatsoever. I've never talked to him. I don't know him. Whatever reason or agenda he's on is fine with me. I'm not going to start picking a fight, let alone with a hall-of-famer."

Bautista said he had no plans to reach out to Gossage.

Cespedes added his own bat flip after a home run during the Game 3 of the NL Division Series against the Los Angeles Dodgers. THE ASSOCIATED PRESS

IN BRIEF

Lions sign WR Marvin Jones

The Detroit Lions have finalized their $40 million, five-year contract with free agent wide receiver Marvin Jones.

After losing Calvin Johnson to retirement, they were in the market for a receiver. Jones, who turns 26 on Saturday, was with the Cincinnati Bengals for four years, although he missed the 2014 season after foot and ankle injuries.

He played in all 16 games last season.

Jones caught 65 passes for 816 yards and four touchdowns last season for the Bengals.

THE ASSOCIATED PRESS

New Texan Osweiler paid well to leave champions

Brock Osweiler signed his four-year, $72 million deal with the Houston Texans on Thursday, making the quarterback with all of seven NFL starts one of the league's highest-paid players.

Osweiler agreed to leave the Denver Broncos when free agency began, leaving a pending starting job with the Super Bowl champions to become Houston's QB.

The Texans were looking to upgrade after Brian Hoyer's struggles last season, particularly his turnover-filled performance in their wild-card playoff loss to Kansas City. THE ASSOCIATED PRESS

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RECIPE Coconut French Toast

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You could get organized for a leisurely breakfast. Or, you could remind yourself that you're an adult and if you want to have French toast for dinner on a Friday night, you darn well can.

Ready in
Prep time: 10 minutes
Total time: 20 minutes
Serves 4

Ingredients
- 1/2 cup shredded coconut
- 1 cup coconut milk
- 3 eggs
- 1 Tbsp sugar
- 1/2 tsp cinnamon
- Pinch salt
- 8 thick slices of thick bread
- Pat of butter for cooking

Directions
1. Preheat oven to 350 F.
2. Sprinkle the shredded coconut on a baking sheet and place in the oven for about 10 minutes, stirring once, until the coconut just begins to brown. Remove and set aside.
3. In a shallow bowl, whisk together coconut milk, eggs, sugar, cinnamon and salt until everything is well combined.
4. Dip your bread into the egg mixture and allow it sit for a couple of minutes on each side to really drink it in.
5. In a large skillet, melt the butter over medium heat then lay down your soaked bread. Allow each side to cook until golden brown, about 3 to 5 minutes each side.
6. Repeat with the second batch. Serve with a sprinkling of toasted coconut and maple syrup.

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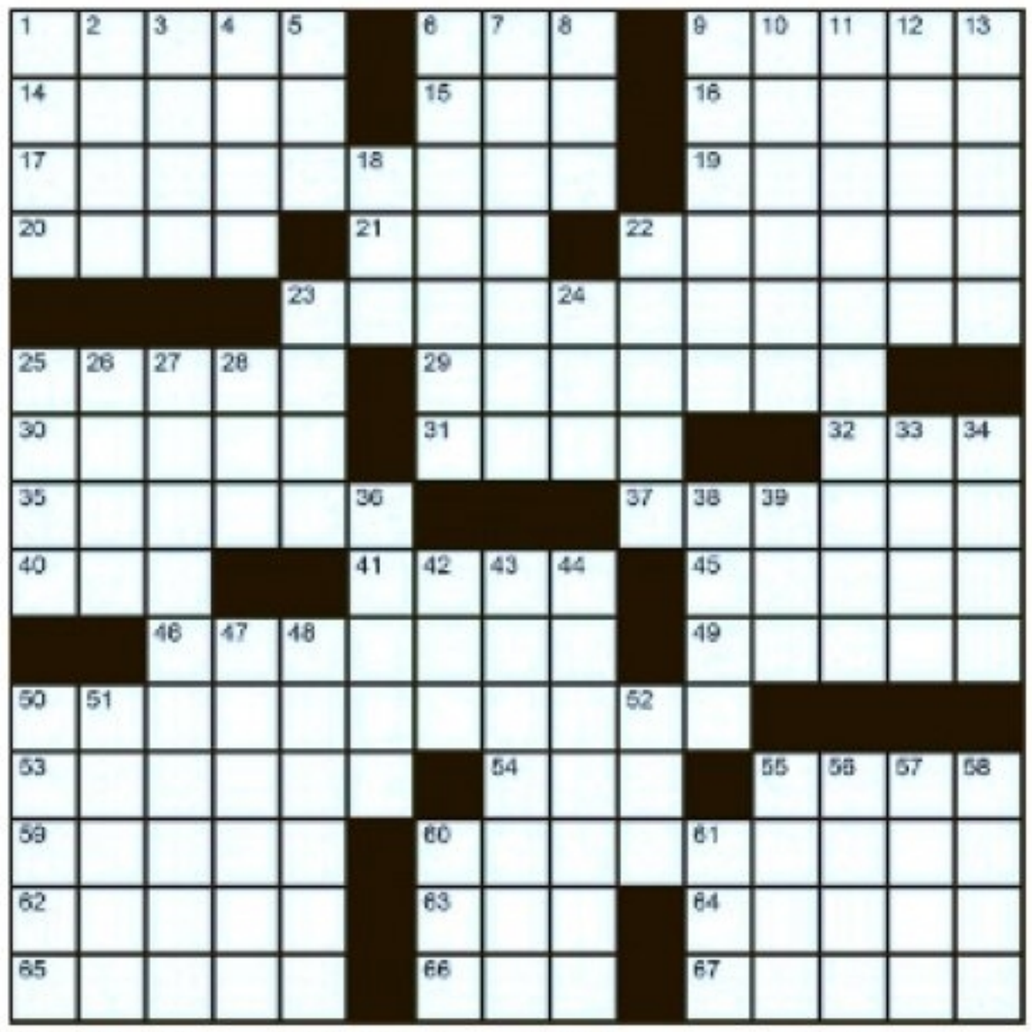
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



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35. "The Ren & _ Show" (Cartoon created by #27-Down)
37. Ground sesames paste
40. Canada's buy-from-home network
41. Dwindles
45. Strikes of lightning
46. Eat healthy and exercise ...do this as a result: 2 wds.
49. Comic actor Eric's
50. Quilted gift of honour in Plains cultures: 2 wds.
53. "Oh, well, I'll manage.": 2 wds.
54. Faint
55. Conserve
59. _ _ Cologne
60. Airport-to-limo-to-estate-to-yacht sort
62. Industrial hub in the Ruhr
63. Supper-time scrap
64. Global Warming treaty city in Japan
65. Mixes
66. 'Heir' suffix
67. Montreal's old baseball team

DOWN
1. Large cut
2. "Diamonds _ _ Girl's Best Friend"
3. Dish
4. Posh preposition
5. Diet soft drink
6. College major, commonly: 2 wds.
7. Bears witness
8. Lively parties
9. Compete in the WWE, colloquially
10. Be short on supplies: 2 wds.
11. What time did for that seeming eternity: 2 wds.
12. Tine
13. Swamp plant
18. Fitting-here British gr.
22. "I _ _ the least bit surprised." (Told you so)
23. Get set
24. Lettered sun ray
25. Witticism
26. The Quaker _ Company
27. The 'K.' of Canadian animator John K.'s name
28. Tree type
33. Status quo _ (The way things existed before, in Latin)
34. Leave out
36. Shouts!
38. Somewhat: 2 wds.
39. Load-of-bricks holder
42. Gallery director's deg., perhaps
43. 3-ringed school supplies
44. Caribbean resort isl. near Nevis: 2 wds.
47. Wind, water or ice ...to rock over time
48. "The Beverly Hillbillies" star Buddy's
50. Daggers
51. Browned bread
52. Letters to follow Ells
55. "Mr. Roboto" band
56. On
57. Quash
58. Cupid's Greek counterpart
60. Mr. Pesci
61. Also, archaically

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you want to be successful you must be consistent. You may want to change things around but you must either move in a new direction and stay moving in that direction, or resist the temptation altogether.

Taurus April 21 - May 21
Are you dissatisfied with your lot? Are your talents are being wasted? If so, do something about it. That means now, not tomorrow or the day after. And it means something real, not just another daydream.

Gemini May 22 - June 21
You must push your own needs and desires aside and do what you can to help those who, for whatever reason, are incapable of helping themselves.

Cancer June 22 - July 23
Something you see or hear will get you thinking along new lines and there's no telling in which direction your thoughts will take you. It's time to leave your comfort zone. There's a whole world out there waiting.

Leo July 24 - Aug. 23
Any doubts you may have about a money matter will be swept aside. Cosmic activity in the wealth area of your chart suggests that if you take a risk it will pay off big time.

Virgo Aug. 24 - Sept. 23
Friends can only help you so much — you must have the courage to follow your star. Jupiter in your sign indicates wild success but the day-to-day effort must come from you.

Libra Sept. 24 - Oct. 23
Others may counsel caution but if you listen to all those who have something negative to say you would never get much done. Despite their misgivings the world is not all bad.

Scorpio Oct. 24 - Nov. 22
Sit back, relax and let fate guide you. You may have big ambitions but you don't have to hammer away at them each and every day. Even a Scorpio needs some down time. You certainly will need it today.

Sagittarius Nov. 23 - Dec. 21
It's time to get serious about what you want to accomplish. Never doubt that you have something to offer. You're a Sagittarius — you were born to make a difference.

Capricorn Dec. 22 - Jan. 20
You will eventually get the chance to rise in your work or career, but it will happen sooner if you get in the habit of believing that you deserve to be a leader rather than a follower. Take advantage of new opportunities.

Aquarius Jan. 21 - Feb. 19
You're worrying too much about planing. Once the ball starts rolling most problems will take care of themselves. And don't try to do it all on your own. There's always someone you can turn to.

Pisces Feb. 20 - March 20
Certain people are trying to keep you out of the information loop but today will reveal why they found it hard to confide in you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	3			6		7	
8				4				5
1			7					
		5			9			2
	1						4	
7			2			6		
					1			9
4				8				7
	7		5			1	3	

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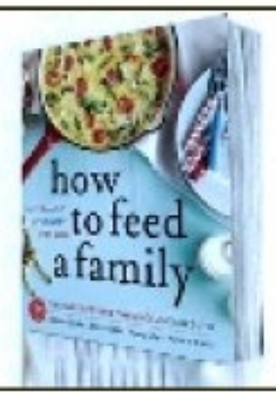
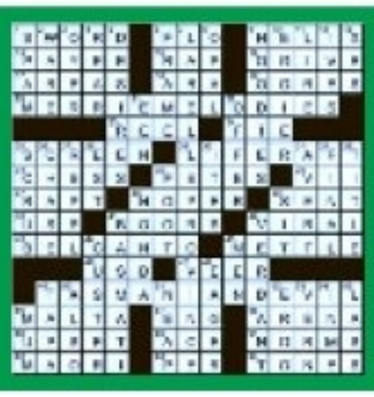


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	1	7	8	3	5	6	4	9
9	6	8	4	2	7	5	3	1
5	3	4	1	6	9	7	2	8
7	8	5	2	9	3	1	6	4
3	2	1	6	4	8	9	5	7
6	4	9	5	7	1	2	8	3
8	9	2	7	5	4	3	1	6
1	5	3	9	8	6	4	7	2
4	7	6	3	1	2	8	9	5

You'll flip.

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Coquitlam
Coquitlam Centre
Westwood Mall
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Delta
Scottsdale Centre
1214 56th St.
4841 Delta St.

Langley
Willowbrook Mall
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19638 Fraser Hwy.
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20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Mission Smartcentre
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New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
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Fremont Village
2020 Oxford Connector

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Richmond Centre
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7380 King George Blvd.
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